

CASCAIS BEACH CUP

Cascais Beach Cup 2022

Individual, Synchronized and Mixed
Teams

International Competition
Individual and Teams

Trampoline and Double Mini Trampoline

Carcavelos,

Portugal – 1st, 2nd and 3rd of April 2022

DIRECTIVES TRAMPOLINE, DOUBLE MINI-TRAMPOLINE

Grupo Sportivo de Carcavelos is pleased to invite you to the 8th Edition of Cascais Beach Cup, international competition that will be held on 1st, 2nd and 3rd of April 2022.

After the great success of the last Edition, it is our wish to improve even more the quality of this competition. In the 7th Edition we had more than 305 gymnasts that raised this competition to a high level with their participation and excellent performances.

It is our goal to provide an opportunity to all gymnasts around the world . We aim to increase international participation, create learning experiences to gymnasts and coaches and provide satisfying conditions to all participants.

CASCAIS BEACH CUP



2022

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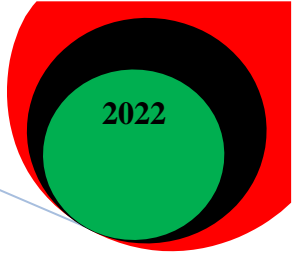
Dear FIG Affiliated Member Federation,

Following the decision of the FIG Presidential Commission, the Portuguese Gymnastics Federation has the pleasure to invite your Federation to participate in the afore mentioned official FIG International event.

Please find here in below the Invitation letter and the directives:

DISCIPLINE	Trampoline Gymnastics DMT
HOST FEDERATION	Federação de Ginástica de Portugal Estrada da Luz, nº 30A 1600-159 Lisboa / Portugal Tel: +351 21 814 1145 Fax:+351 21 814 2950 e-mail: federacao@ginastica.org website: www.fgp.org
LOCAL ORGANIZING COMMITTEE	GSC – CASCAIS BEACH CUP Rua Plácido Abreu, nº 70 2775 Carcavelos Portugal Name: Helder Andrade Mobile: +351 910172734, +351 967020744 , +351 967287015 E-mail: cascaisbeachcup@gmail.com Website: www.gscarcavelos.org
LOCATION	Carcavelos– Cascais – Portugal
DATE	1st,2nd and 3rd of April 2022
VENUE	

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REGULATION OF THE COMPETITION

Age Groups:

Competition by age group (season 2022), Individual, synchronized and team event:

- *Under 10* (Before and 10 years old) – born until 2012)
- 10 – 12 (10,11 e 12 years old) – born in 2012,2011 or 2010)
- 13 – 14 (13 e 14 years old – born in 2009 or 2008)
- Junior (13 - 16 years old – born between 2009 and 2006) Rules F.I.G-B
- Open Senior (from 17 years old – born after 2005) – Rules F.I.G.-A

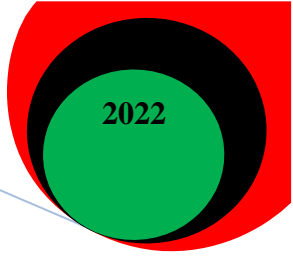
Note:

Individual classification will be mixed if the minimum number of 20 gymnasts per age group and gender is not exceeded.

Technical Program:

The Double Mini-trampoline (DMT) competition will consist in;

- two optional routines in the Preliminaries (F1 and F2) evaluated in Execution and Difficulty;
- two optional routines (F3 and F4) evaluated in Execution and Difficulty (different from F1 and F2 without repetition of elements in the Mount/ Spotter / Dismount areas).
- The individual classification of DMT in the Preliminaries will be the sum of F1 and F2 scores. The individual classification of DMT in the Finals will be the sum of preliminaries plus F3 and F4 scores.



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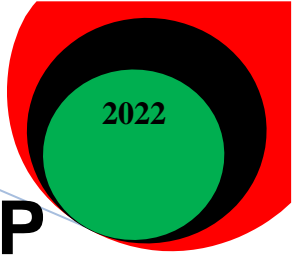
The Individual Trampoline (TRI) competition will consist in;

- Preliminaries:
 - a compulsory routine with mandatory requirements (F1), evaluated in Execution, Displacement and Time of Flight (Plus Difficulty of four skills for Open Senior).
 - A optional routine (F2) evaluated in Execution, Displacement, Difficulty and TOF; and in the Finals by an optional routine
- Finals:
 - (F3) evaluated in Execution, Displacement, Difficulty and Time of Flight.
- The individual classification of TRI in the Preliminaries will be the sum of F1 and F2 scores. The individual classification of TRI in the Finals will be the sum of preliminaries plus F3 score

The Synchronized Trampoline (TRS) competition will consist in;

- an optional routine (F2), evaluated in Execution, Difficulty and Synchronization. The pairs can be formed with gymnasts of the same gender or mixed (Female and Male)
- The classification for TRS will be the F2 score in preliminaries.

All categories will be evaluated in TOF.



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Requirements:

DMT – No Requirements.

TRS – No Requirements.

TRI – Mandatory requirements for the compulsory routine (F1).

Under 10

- 1 skill to front or to back with minimum of 45° somersault rotation
- 1 skill with a minimum of 270° somersault rotation;

10 – 12

- 2 skills with a minimum of 270° somersault rotation.

13 – 14

- 3 skills with a minimum of 270° somersault rotation.

Junior

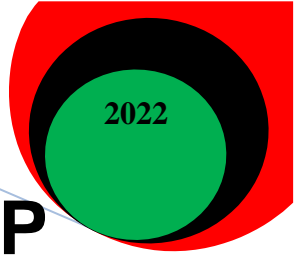
- FIG B

Open Senior

- FIG A
- Individual classification will be mixed if the minimum number of 20 gymnasts per age group and gender is not exceeded.

Team competition

The Mixed Teams will consist in maximum 4 gymnasts on each apparatus (from the same category and gender) in which case the team can reach the 8 different gymnasts (*ex: if there are 4 gymnasts to do trampoline and 4 gymnastics doing DMT*).



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EX1: One club can have, one team FEM in Double Mini Trampoline and one team MALE in Trampoline, or vice versa.

Ex2: One club can have one team MALE in Double Mini trampoline and Trampoline, or one team FEM in Double mini trampoline and Trampoline

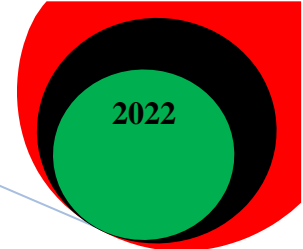
- Each delegation may register more than one team.
- The team must have at least 3 and at most 8 gymnasts.
- The team classification will be the sum of the DMT team score (FEM or MALE) with the TRI (FEM or MALE)
- For teams the scores are regarding to the Preliminaries.
- For the final team result count the top three total scores.

The constitution of the teams cannot be changed in any of the apparatus and it is set until the nominative entries.

Scores and access to finals:

All participants will have individual classifications. The teams classifications will be in "All Around" system, which will include the results obtained by the teams in DMT and TRI.

The individual classification will be per Age,gender, with Finals for every category.



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Qualification for the Finals:

- Until 10 participants – 6 gymnasts;
- Until 20 participants – 8 gymnasts;
- Until 30 participants – 10 gymnasts;
- More than 30 participants – 12 gymnasts.

The judges will apply the International Gymnastics Federation (FIG) Code of Points (2020-2024)

Prize Money:

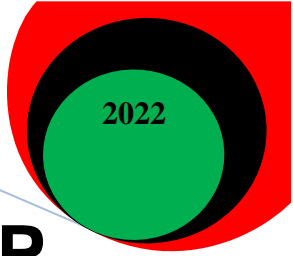
INDIVIDUAL	TRI MASC/FEM Senior	INDIVIDUAL	
1st Classified	€ 60	1st Classified	
2nd Classified	€ 40	2nd Classified	
3rd Classified	€ 25	3rd Classified	

The monetary prize will only be attributed to each class/category if there are at least 8 effective participants in the competition.

Attention: The monetary amount will only be awarded if there are at least eight gymnasts competing in the final.

Classification:

The Competition will have an individual classification and a team classification “All around”, that will be total of the competitions of Double Mini-trampoline (DMT) and Individual Trampoline (TRI).



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Awards:

The top three winners from each category in DMT, TRI and TRS will receive medals. The first three teams in each category will receive a trophy. There will be a trophy for the best team in DMT and TR.

Judge:

Each delegation must register the following number of judges, according to the number of registered gymnasts:

- From 2 – 10 participants each delegation must register one judge;
- From 11-19 participants each delegation must register two judges;
- More than 20 participants each delegation must register three judge_

Attention: If delegations fail in full the required number of judges, a fine of 250,00 € (two hundred, fifty Euros) per missing judge will be applied.

Registration Fees:

- € 10.00 (ten Euros) per gymnast participating in one apparatus (DMT or TR);(TRS is Free)
- €25,00 (twenty-five Euros) per gymnast participating in all apparatus (TRS is free) .



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2022

Registration deadlines:

- 24th January 2022 – Provisional registration;
- 14th February 2022 – Definitive registration;
- 7th March 2022 – Nominative registration.

NOTE: Penalty for non-compliance with the nomination deadline will be 50 € per club

Payment deadlines:

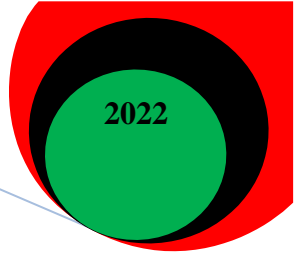
- 25th January 2022 – Full payment or 50% of the registration fees;
- 15th February 2022 – Payment of the remaining 50% of the registration fees;
- 8th March 2021 – Payment of the fine for judge lacking (200€) and Accomodation canceled (50€ per person).

Competition apparatus:

- 1 Double Mini-trampoline – 6x6 (FIG approved);
- 6 Trampolines (FIG approved)

Notes:

- All national participants must be affiliated to the national federation (FGP) and registered in the Gymbase;
- All participants must have an updated sports insurance;
- The participation in the competition will be allowed only if all issues regarding payments, affiliation and sports insurance are solved by 12 hours noon on 25th March 2022;
- The organizing committee is not responsible for any accident, when infringement to the Regulation of the Competition is verified.



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Or

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FACEBOOK:

<https://www.facebook.com/CascaisBeachCup/>

www.gscarcavelos.org

Logistics:

Like in the last edition, the Organizing Committee of Cascais Beach Cup 2022 will provide Transfers, Accommodation and/or Meals proposals to interested delegations.

This information will be disclosed to delegations as soon as possible after gathering the best choices.